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درس الإحياء

The Revival Circle: Summary of Ghazali's Ihya'

The Quarter on Worldly Duties.
Book One: Eating - Lesson One

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The Quarter on Worldly Duties

First: The Quarter on the Devotional Duties

Second: The Quarter on Worldly Duties

Principles:

One. Uphold the limits of Allah

Two. Outward excellence—according to the Sunna
of the Prophet (peace be upon him)

Three. Inward excellence: (1) sincerity; (2) presence
of heart



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Book One: Eating

Three Lessons:

One. Eating and the Adab of Eating on One's Own

Two. Eating with Others

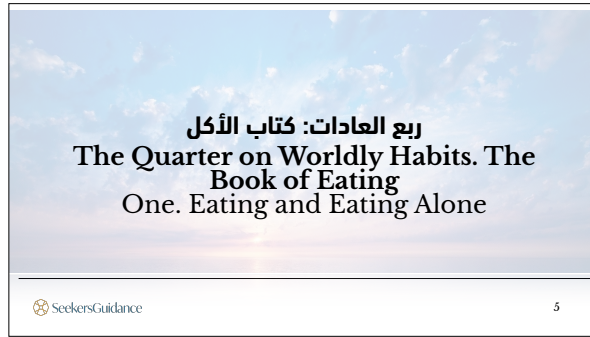
Three. The Adab of Serving and Hosting



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Taking Care of the Body

Those of insight
How to view this world
Means not ends
Purpose of good
Intentions
Gratitude
“Truly, eating is from the religion”
Quranic call

[المحافظة على سلامة البدن]:
إن مقصد تربي الأكل للقاء الله تعالى، في دار السوابق، ولا طريق إلى
الوصول للقاء الله إلا بالعلم والعمل، ولا تمكن الموافقة عليها إلا بسلامة البدن،
ولا حصول سلامة البدن إلا بالأخلاق والأقوال. وتناول منها بقدر الحاجة على
تكرار الأكلات.
فمن هذا الوجه قال بعض السلف الصالحين: إن الأكل من الدين. وعليه تَبَّ
رب العالمين عليه وهو أصدق القائلين:
﴿الَّذِينَ إِذَا أَكَلُوا مِنْ شَيْءٍ يَقُولُونَ هَذَا مِنْ عِندِ اللَّهِ﴾^(١)
فمن يتقدم على الأكل لينعم به على العلم والعمل، ويتقوى به على
التقوى، فلا يظن أن يستمر في الأكل استرسالاً اليوأم في السرور، بل يزن
بمیزان الشرع شهوة الطعام في إقامتها بأحسنها.

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Taking Care of the Body

The Beloved Messenger of Allah (peace & blessings be upon him & his folk) said,
“The child of Adam fills no container worse than a stomach.
It is sufficient to have a few small morsels to keep their back straight.
If one must, then a third for your food; a third for your drink; and a third for your breathing.”

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The Adab of Eating: Before Eating

One. Before Eating
Choose the halal
Choose the pure and avoid the doubtful

The Adab of Eating: Before Eating

Two. Wash your hands
Three. Eat on the ground
Not a requirement—but: wisdoms
Four. Sit with adab



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The Adab of Eating: Before Eating

Five. Make high intentions
Sincerely for Allah
Obedience to Allah
Gratitude
Restraint
Sunna
When to eat: "Don't reach out for food unless hungry; and raise your hand before you're full. If you do this, you won't need doctors."



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The Adab of Eating: Before Eating

Six. Contentment with what is facilitated
Not exaggerating in fancy foods
Seven. Actively striving for many hands to eat from it



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Two: Adab During Eating

One. Begin in the Name of Allah
Meanings
Two. End with Praise of Allah and Dua
Three. Eat with the right
Four. Small morsels
Five. Chew well
Six. Don't extend hand for more till you swallow



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Two: Adab During Eating

Seven. Don't criticize the food
Eight. Drinking
Sips. Right hand. Name of Allah.
Three sips.



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After Eating

One. Stop before your fill
Two. Wash your hands
Three. Brush your teeth—flossing if needed
Four. Gratitude with your heart for the blessing of food
Five. If others' food: thank them fully and pray for them
Six. Dua after food
يستحب عقب الطعام أن يقول: الحمد لله الذي أطعمنا وسقانا وكفانا
وأزانا.



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Two. The Adab of Eating with Others

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